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Office of Nutritional Products  
Labeling & Dietary Supplements  
Center for Food Safety and Applied Nutrition  
Food and Drug Administration  
5100 Paint Branch Parkway  
College Park, MD 20740-3835

February 10, 2005

FEB 17 2005

Dear Sir or Madam:

This letter will serve as a 30-day notification pursuant to Section 6 of the Dietary Supplement Health and Education Act of 1994 that NBTY Inc. is using the following statements on our Xtreme Trim™/Shredder supplements under one or more of the following brand names: American Health, Bioenergy Nutrients, Body Fortress, CVS, Dollar General, Duane Reade, Giant Eagle, Good 'N Natural, Health's Finest, Heartland, HealthSmart Vitamins, HealthWatchers, Kaiser Permanente, Life's Finest, Major, Met-Rx, Natural Wealth, Naturalist, Nature's Bounty, Nutrition Headquarters, Nutrition Warehouse, PhysioLogics, Precision Engineered, Puritan's Pride, Radiance, Rexall, Shoprite, Sundown, Target, US Nutrition, Vibrant Health, Vitamin World, Walgreens, Walmart and WorldWide Sports:

**Ingredients:** Vitamin C, Vitamin B-6, Pantothenic Acid, Magnesium, Yerba Mate Extract, Green Tea Extract, Metabromine Cocoa Extract, Guarana seed Extract, Bitter Orange Extract, Caffeine, Tyrosine Complex, L-Methionine, Ginger Extract, Flavone Complex, DMAE, Grape Seed Extract

- Thermogenic Formula
- Advanced Thermogenic Support
- Promotes Weight Loss Goals when used with a reduced calorie diet and daily exercise program
- Enhances Diet
- Provides Energy
- Xtreme Trim™/Shredder thermogenic formula features Advantra Z®, a patented bitter orange extract (Citrus aurantium) that's standardized for synephrine.
- Advantra Z®, promotes metabolism through thermogenesis (the production of heat to burn calories).
- Xtreme Trim™/Shredder also contains caffeine from Yerba Mate and Metabromine Extract, which helps boost energy levels.
- By combining the strength of Xtreme Trim®/Shredder with a reduced calorie diet and daily exercise program, you'll be well on your way to achieving the weight loss goals you want.

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- Thermogenesis is the increase in metabolism that promotes body heat.
- Our exclusive Shredder Thermo Complex contains some of the most advanced ingredients for promoting your weight loss goals including: Yerba Mate, cocoa, Synephrine and Green Tea – four ingredients that have thermogenic properties to naturally boost your metabolism, help burn calories and give you the energy you need to help support your weight loss goals when used with a reduced calorie diet and daily exercise program.

The above statements are accompanied by the required disclaimer pursuant to Section 6 of the Dietary Supplement Health and Education Act.

Sincerely,



Angelica S. Vrablic, Ph.D.  
Manager, Nutrition Research

ASV/mb